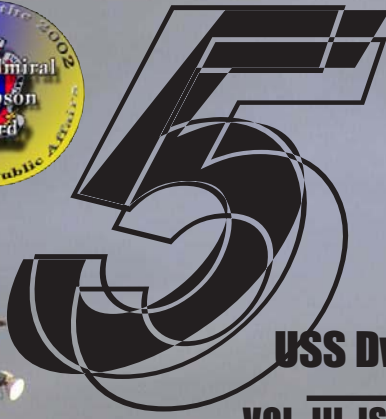


PLUS
NMCRS

**A hand-up in
times of need** p.2



STAR

The Magazine of
USS Dwight D. Eisenhower (CVN 69)

VOL. III ISSUE 36

Friday, Sept. 12, 2003

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HARP duty

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free ticket home p. 2



PERFORM TO SERVE

**Manning program begins in earnest.
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SHIPYARD HOSTS *BUSH* KEEL LAYING CEREMONY p.3

Navy/Marine Corps Relief A hand up in times of need

By LT Brett Cartwright

You never know! Life is full of unexpected circumstances. Your truck's transmission decides this morning to burn a few gears. DFAS is collecting on an overpayment. The housing allowance you expected to start on time does not and you find your kitchen cupboard's as empty as Mother Hubbard's. Unfortunately, even with the best of financial planning, the best of us can find ourselves "short" till next payday and in need of a "hand up."

In those times, when people require a little extra help, the Navy-Marine Corps Relief Society (NMCRS) is a welcome friend. The NMCRS, founded in 1904, is here to assist members of the Naval Services of the United States and their eligible family members. The society seeks to provide service members with grants, interest-free loans, scholarships, budget counseling, food lockers, or infant layettes ("Junior Seabags"). In addition, the society schedules Budget for Baby Seminars, operates Thrift Shops, supplies Visiting Nurse Services, and training for its volunteer force.

The society consists of more than 3,000 trained volunteers, both ashore and aboard ships. These trained caseworkers are familiar with the special conditions of military life. They are able to draft the initial assessment of your case for submission to the NMCRS. Assistance is awarded based on your financial need and repayment eligibility. With no funding from the government, the NMCRS is supported by an annual fund drive of both active and retired Navy communities. Both fund drives are conducted under the leadership of the Secretary of the Navy.

Aboard *USS Dwight D. Eisenhower (CVN 69)*, your immediate chain of command will connect you with your departmental NMCRS caseworker. Once the initial need is assessed, your caseworker will help you complete the necessary paperwork and then contact the command NMCRS Representative. If you find yourself in an emergency after hours or need a little more privacy concerning your circumstances, you may go directly to the Hampton Roads NMCRS office on Hampton Blvd. They can be reached during office hours from 0830-1630 at 423-8830 and at 444-NAVY the after-hours emergency line. ★

IKE CHAPEL SCHEDULE:

Roman Catholic Mass—Sundays at 1500
Protestant Worship Service—Sundays at 1600
Weekday Catholic Mass—Monday-Friday at 1200
All services aboard ship in Classroom 2 (02-88-8-Q)

Harp Duty or Blue Jacket Harp Duty

By NC1(SW) Andrea Newborg

Are you interested in Recruiting Duty? Do you want to know more about recruiting before you make that career move? HARP, short for Hometown Area Recruiting Program, allows Sailors to go to their hometown and assist local Recruiters for two workweeks. There are currently no age or paygrade restrictions. Personnel interested must pass the screening to participate in the program. The screening requirements are as follows:

- Performance Evaluation: Has member received at least 3.0 on all traits and been recommended for retention and promotable or higher advancement?
- Has member had any NJP, court-martials, civil convictions, or involvement with civil authorities within the past 36 months?
- Has member had any alcohol related incidents in the past 36 months?
- Has member had any involvement with illegal drugs in the past 36 months?
- Does member meet body fat readiness standards for PCS?
- Does member have any visible body markings? (distasteful or offensive visible tattoos are disqualifying)

LCPOs are responsible for screening Sailors. Department Heads can authorize HARP.

Bluejacket HARP is identical to regular HARP with the exception of monetary entitlements. These entitlements include round-trip airfare and \$10.00 daily reimbursement for incidental expenses. Due to current funding Bluejacket HARP is limited to those Sailors returning from deployments or underway TAD periods.

Regular leave can be taken in conjunction with HARP duty as long as the total time away from the command does not exceed 30 days. See your Department/Divisional Career Counselor or come by the CCC Office on the FAF in Room 220 to pick up a blank chit. Please allow at least 30 days processing time for your HARP request. ★



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ABOUT THE COVER:

*The IKE Warriors flag football team creams the SIMA team 7-0. The game was held Tuesday night at Naval Station Norfolk. The IKE Warriors are currently 2-0 on the season.
Photo by JO2 Xzaiver Jordan*

Proudly serving the crew of the *USS Dwight D. Eisenhower (CVN 69)*. The *Five Star* is grateful to the Print Shop and Photo Lab for their support. The *Five Star* is published by the *USS Dwight D. Eisenhower (CVN 69)* Public Affairs Office for the IKE crew. Contents are not necessarily the views of, nor endorsed by, the U.S. government, the Department of Defense, the Department of the Navy, or the Commanding Officer of *USS Dwight D. Eisenhower (CVN 69)*.

Shipyard hosts CVN 77 keel laying ceremony

USS George H.W. Bush to be final Nimitz-class carrier

WASHINGTON — Navy tradition dictates that each ship constructed for the Navy be honored by ceremonies on four historic occasions: keel laying, christening (or launching), commissioning, and decommissioning. *USS George H. W. Bush* (CVN 77) was honored with the first of its historic occasions Saturday at Northrop Grumman Newport News Shipbuilding in Newport News, VA.

The keel laying celebrates the laying of the first timber of a ship and can be traced back to the construction of early Navy ships. The present-day ceremony maintains the tradition, but has been modified because of updated materials, technology, and shipbuilding techniques.

Following the ceremony, former President Bush initialed a nameplate to authenticate the keel. After the nameplate was welded to the keel President Bush announced, "The keel has been truly and fairly laid." Also participating in the ceremony was Doro Bush Koch, the Ship's Sponsor and the daughter of former President Bush; former First Lady Barbara Bush; the Honorable Hansford T. Johnson, Acting Secretary of the Navy; ADM Vernon Clark, Chief of Naval Operations; GEN James L. Jones, Commandant of the U.S. Marine Corps; the Honorable John Warner, U.S. Senator from Virginia; Tom Schievelbein, President, Northrop Grumman Newport News; and ADM James L. Holloway III (ret.), Chairman of the Naval Historical Foundation.

"We as a country should be very grateful for the men and women who build these ships," Bush said. "You play a key role in defending our freedom."

As the tenth and final Nimitz-class carrier, *USS George H. W. Bush* will stretch 1,092 feet, weigh 97,000 tons, and will be among the world's



U.S. Navy photo by PHC Johnny Bivera

President George H.W. Bush (center), the 41st President of the United States, examines a model of CVN 77, the U.S. Navy's 10th Nimitz-class aircraft carrier officially named USS George H. W. Bush at a ceremony held in the Pentagon. Photographed from left are ADM. Vern Clark, Chief of Naval Operations; Hansford T. Johnson, Acting Secretary of the Navy, President George H.W. Bush, Senator John Warner, R-Va., and GEN James L. Jones, Commandant of the U.S. Marine Corps.

largest warships. Its top speed will exceed 30 knots and, with two nuclear reactors, it will operate for more than 20 years without refueling during its 50-year service life.

The Navy awarded Northrop Grumman Newport News the CVN 77 construction contract in January 2001. A December 2002 ceremony marked the formal naming of CVN 77 after the former president and World War II Navy aviator. The carrier will be delivered in 2008 and join the fleet in 2009. ★

Pictured from left: Doro Bush Koch, President George H. W. Bush, and Northrop Grumman Newport News welder Mike Eaton show the authentication plate to the audience after Eaton welded President Bush's initials into the steel.



Photo by Chris Oxley

A highlight of the George H. W. Bush keel laying ceremony included a performance by the U.S. Navy Parachute Team, the Leap Frogs. The team is a 15-member unit comprised of parachuting experts from various specialties within the U.S. Navy. Those specialties include U.S. Navy SEAL (Sea, Air and Land) and SWCC (Special Warfare Combatant-craft Crewman) commandos. Each member comes to the NPT for a three-year tour and returns to an operational unit upon completion of their time on the team.



Photo by Chris Oxley

Friday, Sept. 12, 2003

SMO's Corner: Preventing sports injuries

By LCDR Walter Dalitsch

Most Sailors are into some kind of sport. Whether you're a participant or a spectator, there is at least one sport you're involved in. And even for the few that aren't, you've got to run the PFA every six months or so.

Most folks who are into sports know some sports trivia, as well...who had the best batting average, who rushed the most yards, who won the most championships, etc. But here's some trivia you might not know. I'll ask the question, and we'll get back to the answer after a few hints. What is the **NUMBER ONE CAUSE OF SPORTS INJURIES?**

Okay, some hints. The answer is not activity-dependent, that is, it occurs in any sport. The answer is also something that is **PREVENTABLE**. Here's something else that might surprise you: back when I coached and played Rugby football, there were more injuries on our base caused by **SOFTBALL** than **RUGBY** due to this cause. Got the answer yet?

THE NUMBER ONE CAUSE OF SPORTS

INJURIES IS INADEQUATE STRETCHING AND WARM-UP! Sprained ankles, torn muscles, and so on. There's a big difference between prepping your muscles and getting the blood flowing before taking the field, and just taking the field cold.

Specific exercises are beyond the scope of this article, but there are a couple of points I would like to make. For your pre-activity stretches, **FLEXIBILITY** should be a primary target. Don't bounce when you stretch, just slowly stretch out your muscle groups, and feel the stretch. Do three sets of ten counts each, at a minimum, targeting the muscle groups you intend to use. Include ankle rotations to stretch out the ligaments as well.

Your **WARM-UP** is the time to get the blood flowing. Ease into it: jumping jacks, flutter kicks, and a mile jog,

not run, are some good ideas to get you started. And now you're ready to take the field!

Even if you only spend ten minutes on your stretching and warm-up before and after your sport of choice, I'll guarantee you'll lessen your chance of injury. And that makes any sport worth playing! ★



U.S. Navy Photo

A Sailor takes a few moments to stretch and warm-up prior to starting a PT session.



IKE INFORMATION

Important stuff for IKE Warriors. . .

WWE tickets available soon

Oct. 11 @ 7:30PM at The SCOPE Norfolk, Virginia
Tickets available while supplies last! Good seats! Cost is \$32.00. Tickets can be purchased beginning 15 September at IKE MWR.

IKE catfish & bass tournament

OCT 10 -13 On the James River, Williamsburg (Jamestown Campsite and Resort). Prizes awarded for: Largest catfish, largest bass (striper/largemouth/smallmouth) Largest total combined stringer weight, total of 6 fish. PLEASE NOTE!!!!—LOWER UNITS AND PROPS ARE NOT IN SEASON THIS TIME!!! Cost: \$20.00 per boat (2 person teams) Points of contact are: LT Proctor 534-1954, MMC Hickey 534-1678, AT1 Couch 534-1530

**Continue to check the POD
for more information**

Montgomery GI Bill

The Montgomery GI Bill (MGIB) Program benefits increase means more money for college. On Oct. 1, MGIB Program benefits will increase to \$35,460. That's \$985 per month for full time enrollment (pro-rated for less than full time) for 36 months. Active duty Sailors can also use MGIB to supplement any portion of tuition and fees not covered by tuition assistance. See your personnel office/PSD for details on "booster" enrollment eligibility. Requirements are outlined in NAVADMIN 103/01.

Navy Soccer

The training camp and All Military tournament will be held in San Diego Oct. 12 - Nov. 9 and I will be holding a preliminary try-out for the local Hampton Roads area on Sept. 13 at NAB Little Creek 9 a.m. - noon. Applications can be downloaded from the MWR Navy Sports website and must be submitted to MWR at BUPERS Millington by Sept. 15. Players who want to try-out should bring filled out applications to the preliminary try-out so we can process them there, on the spot, if they warrant TAD orders to the camp.



IKE Flag Football

How to win

By J02 Xzaiver Jordan

"Bring it all or don't bring it at all", is a quote that *USS Dwight D Eisenhower's*(cvn 69) championship football team lives by.

This ship wide team started it's season about three weeks ago and has a 2 - 0 record. The team also played together in a summer league, in which they took the championship by storm. There are about 20 people from various departments on IKE's team. Star cornerback MM2 (SW/AW) Marcus Stewart feels that this team brings IKE Sailors closer together for a number of reasons.

"We build friendships and bonds with our shipmates and Sailors from other ships. Nothing builds camaraderie like friendly rivalries," said Stewart.

In every sport there's the competition factor. Every ship and shore command in the Norfolk area had an opportunity to participate in flag football. Being the team that defeats all the others is a great challenge and honor. Starting defensive linebacker ABE3 Harrison Moorer feels that this year IKE's team has the potential to do just that.

"Last year we let the championship game slip away in the final seconds. That was the first time I saw grown men cry, but this year we're coming out with a vengeance. We know we should have won last year and this year the mighty black and red will kill'em dead."

There are a lot of similarities between flag football and traditional football. The majority of the rules are the same for the offense, but defense has some changes to get used to according both star defensive players.

"No-contact football is more difficult because in traditional football you can use your body as a weapon against your opponent. In flag football you can't touch the other players so you have to be very creative in figuring out how to get to the quarterback and the receivers," said Moorer.

Numerous fans show up to cheer on the IKE Warriors each game. The team normally plays twice a week and sometimes twice on Sun-

day. The season started in early August and will run until late October, at that time the play-offs will start.

"Support from the fans makes it easier for us to get out there and play our hearts out every game, whether it be rain, shine, sleet, or snow," said Moorer. "We thrive on the cheers from the crowd and knowing that no matter what the outcome we have the commands support."

Being able to depend on your teammates is a huge factor in the success of IKE's team.

"We work together and trust each other on the field," said Stewart. "I know that my teammates will hold their own out there, and that makes it easier to play my position because I don't have to worry about any part of the field except mine."

There are two 15-minute halves in the game and the object, just as in traditional football, is to make as many yards as possible and score points. For those who are interested in playing, the team has an open door policy, It's never to late to join.

"We accept everyone in our football family; if you're a good player we gladly welcome you, and if you can't play a lick but want to have fun, we welcome you too," said Moorer.

Players on the team believe flag football offers a great alternative to being cooped up in the barracks all the time. The games are held at Naval Station Norfolk's softball field closest to the aircraft carrier piers.

Flag football has brought many of IKE's Sailors closer together both on and off of the football field, and anything that builds camaraderie like this team displays is worth being apart of. ★



"We accept everyone in our football family; if you're a good player we gladly welcome you, and if you can't play a lick but want to have fun, we welcome you too."

In Memory of OS2 Kenny Davidson

A memorial ceremony to remember OS2 Kenny Davidson of the *USS Dwight D. Eisenhower (CVN 69)* was held September 5. Chaplain Brett Cartwright led nearly 100 IKE Sailors who gathered on the ships fo'c's'le in an opening and closing prayer.

CAPT Charles Smith, IKE's commanding officer, and CMDMC(SW) Ronnie Moore, IKE's command master chief, both recited bible passages in remembrance of Davidson. OS2 Omi Jordan, of operations department, read a poem dedicated to Davidson.

"I am not gone, I have only slipped away into the next room," said Jordan of his former shipmate.

Chaplain Ronald Stake gave out the meditation for the ceremony, stating that this is not the last we will know of Davidson.

Cartwright finished out the ceremony with a closing prayer and a reminder to all of the Sailors present.

"We leave, hopefully for a reunion on the seas of eternity."

We Remember

9/11/2001

"They used our openness, diversity, and freedom against us. That was their plan. But in doing so, they forced Americans to reassess our commitment to liberty and renew our dedication to the principals upon which this nation was founded."



**Call MWR @
534-1609 with any
questions**

AMC MOVIE TICKETS	\$3.00	\$5.00
REGAL MOVIE TICKETS		
SUPER SAVER	\$3.00	\$5.00
PREMIUM SAVER	\$5.00	\$6.50
BUSCH GARDENS SEASON PASS		
(GOLD)	\$90.00	\$99.00
(SLIVER)	\$67.00	\$69.00
BUSCH GARDENS DAY TICKET	\$24.00	\$28.00
WATERCOUNTRY USA – ADULT TICKET	\$21.00	\$27.00
WATERCOUNTRY USA – CHILDRENS	\$17.00	\$21.00
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ENTERTAINMENT BOOKS 2003	\$20.00	\$25.00
2000 MILLENIUM CRUISE BOOK	\$30.00	\$42.00
FREEDOM PATCH	\$2.00	

IKE 25TH MEMORABILIA

IKE 25 TH BALLCARDS	\$0.50 EACH	3 @ \$1.00
	10 @ \$3.00	20 @ \$5.00
IKE 25 TH 8x10 PHOTO	1 @ \$3.00	2 @ \$5.00
	5 @ \$10.00	
IKE 25 TH COIN		\$5.00
IKE 25 TH T-SHIRT		\$10.00
IKE 25 TH POLO SHIRT		\$15.00
IKE LONG SLEEVE SHIRT		\$15.00



PERFORM TO SERVE : STREAMLINING THE SERVICE

PEARL HARBOR, Hawaii (NNS) — Since the inception of the Navy's force-shaping initiative, Perform to Serve (PTS), Navy Personnel Command processed applications for more than 14,000 first-term Sailors, approving 9,800 for reenlistment in rate and another 1,600 for conversion into undermanned ratings.

"We have had very high retention for a number of years," said Connie Civiello, policy branch head for the Center for Career Development. "We've needed to balance the skills mix in the Navy, and with high retention, it gave the Navy the opportunity to do that: keep people in and get the ratings manned to the correct percentages."

Simply put, the Navy had the opportunity and people to ideally staff each job. According to Civiello, through PTS, the Navy is getting the optimally manned force it needs, and concurrently, giving Sailors in over-manned ratings what they need — a better chance to advance.

"It moves them into ratings that aren't over manned," said Civiello, an Uhrichsville, Ohio native. "In the long run, it should balance out the advancement opportunities in all ratings."

"Perform to Serve is occasionally misconceived as a rehashed version of an earlier Navy force shaping strategy, ENCORE, according to Capt. Chris Arendt of Long Island, N.Y., enlisted plans and policy branch head for the Chief of Naval Personnel. The programs are separate, he explained.

"The big difference is that ENCORE was a downsizing tool," said Arendt. "This particular initiative is concentrating on shaping the force — moving skills from where we have extra people to those areas we don't.

"Right now, we're only looking at CREO 3 (over-manned) ratings," said Arendt. "In the future, we may see it being spread to everyone in their first term."

Sailors in more than 40 ratings are affected and should consult with their career counselors about 15 months before their end of active obligated service (EAOS), to fill out the paperwork to have the command submit a PTS application, regardless of their intentions to reenlist.

Once an application is complete, the career counselor sends it to the Navy Personnel Command for review. There, applicants are ranked along with all Sailors up for reenlistment within their rating. Quotas are applied based on community manning.

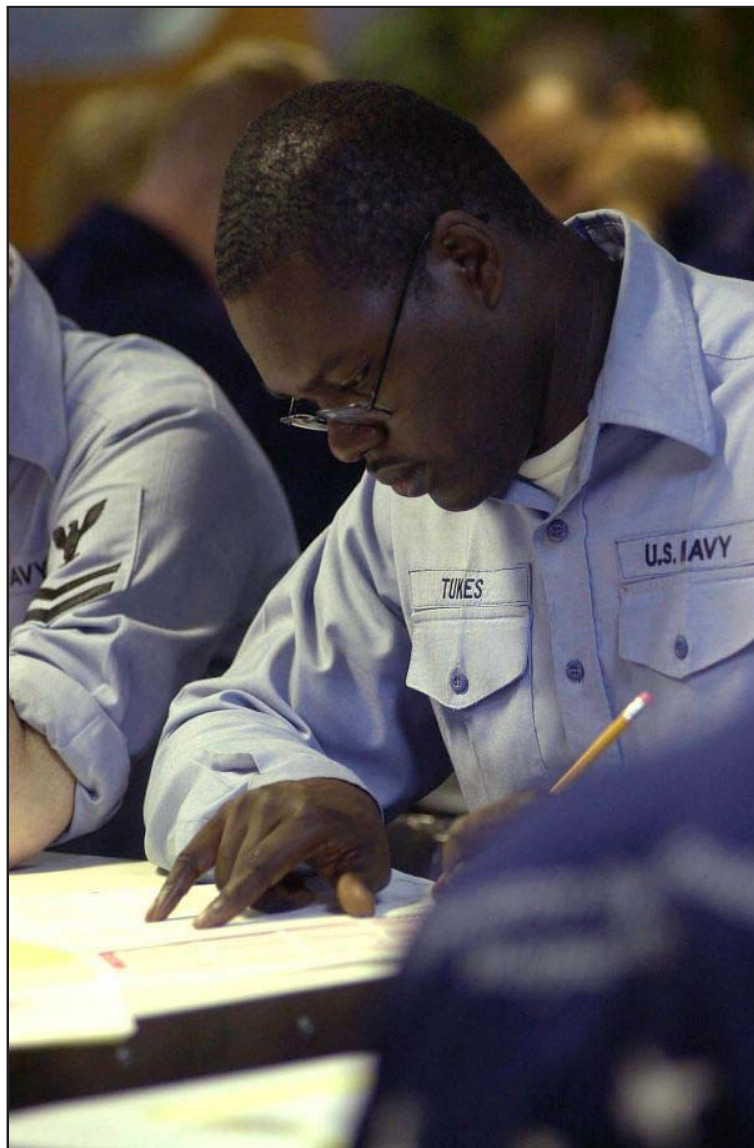
The rank Sailors earn is based on factors, such as their commanding officer's recommendation, highest pay grade, frocked/pass not advanced status, and promotion recommendation.

On the initial application, Sailors must state whether or not they are willing to convert to another job. They then have the opportunity to list up to three ratings they would consider for conversion. However, if a Sailor is not willing to convert and isn't selected to remain in their current rating, the Navy will ask the Sailor to continue service in the Naval Reserves.

"What the Navy is doing is based on readiness," said Civiello. "By indicating they are willing to convert, most Sailors will increase their opportunities for reenlistment approval."

Since the inception of the program, more than 13,000 applications have been received and over 11,000 Sailors have been selected to reenlist in their rating or been approved for reenlistment through conversion.

"Sailors need to get their applications in early and be flexible about being willing to convert," said Civiello. Sailors can maximize the number of times their application is reviewed, which increases their chance



U.S. Navy Photo

A second class petty officer takes the first class exam earlier this year. Thousands of Sailors may be looking at new rating exams soon as their careers are affected by Perform to Serve. The new program seeks to move servicemembers from overmanned ratings into those with fewer personnel in an attempt to let them continue their careers.

at receiving a reenlistment authorization, by submitting applications early.

Applications received seven months or less before their end of service will only be reviewed once, while applications received one year prior to their EAOS will be reviewed on a monthly basis until six months before they complete their enlistment, with applications limited to six reviews. Commands receive notification of all applications' status on a monthly basis.

For more on Perform to Serve, visit www.staynavy.navy.mil or contact your command career counselor. ★



One step closer

IKE superstructure unveiled

By JO2 Xzaiver Jordan & J0SN Michael Perez

The USS Dwight D Eisenhower (CVN69) has taken another leap forward in getting closer to sea again. The mighty IKE's island mast structure has been uncovered, and the lights are shining bright after months of upgrades and repairs.

The new mast utilizes three yardarms vice two on the earlier style mast. The new mast is also 14 feet taller than the previous model which required Sailors to climb ladders on the outside of the mast pole to reach various platforms and yardarms and was only accessible from the 011 level.

NAVAL HISTORY WEEKLY



THIS WEEK

1841 - First iron ship authorized by U.S. Congress.

1940 - Navy awards contracts for 210 ships, including 12 carriers and seven battleships.

1943 - Operation Avalanche, Western Naval Task Force, under VADM Henry Hewitt, lands Allied forces at Salerno, Italy.

SAILOR OF THE WEEK

SEPT. 1-5



DC3
Joseph Saldivar
Engineering
Department

